

## WELLBEING CALENDAR

# Make your mental health a priority



- 01** Look after your sleep hygiene
- 02** Practice meditation
- 03** Reframe negative thoughts
- 04** Accept your emotions
- 05** Confide in a friend
- 06** Go out for a walk
- 07** Set goals for the week
- 08** Practice journaling
- 09** Find a spot of sunshine to sit in
- 10** Do something for someone else
- 11** Practice gratitude
- 12** Listen to music
- 13** Do something creative
- 14** List your strengths
- 15** Take a break from your devices
- 16** Set a hydration goal
- 17** Learn a new skill
- 18** Smile purposely
- 19** Practice mindfulness
- 20** Connect with supports
- 21** Cook a healthy meal
- 22** Learn a deep breathing exercise
- 23** Unfollow negative social media accounts
- 24** Practice progressive muscle relaxation
- 25** Take a bubble bath
- 26** Spend time with your pets
- 27** Practice forgiveness
- 28** Have a solo dance party
- 29** Declutter your space
- 30** Watch your favourite movie
- 31** Seek professional support